### MAINE PUBLIC HEALTH ALERT NETWORK SYSTEM



Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention (Maine CDC)
(Formerly Bureau of Health)
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Augusta, Maine 04333-0011
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\*\*ADVISORY - Important Information \*\*

#### 2010PHADV010

TO: All Childcare; All City and County Health Departments; All Healthcare; Maine

Emergency Management Association; Maine Medical Association; Northern New England Poison Center; All Public Health; Public Safety and First Responders; All

Regional Resource Centers; State and Federal Agencies

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**SUBJECT:** Air Quality Alert Due to Smoke from Wildfires

**DATE:** Wednesday, June 2, 2010

**TIME:** 9:30am

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**PRIORITY: Medium** 

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### Air Quality Alert Due to Smoke from Wildfires

It has been reported that a number of fires are burning in the Province of Quebec, Canada. As a result, on Wednesday, ground-level Particle Pollution concentrations are expected to reach unhealthy levels in many parts of Maine according to the Maine Department of Environmental Protection. As long as fires continue to burn in Quebec, smoke will be an issue for the foreseeable future. When the winds are right smoke and the resulting high Particle Pollution values will be brought to Maine, at times reaching unhealthy levels.

Dangerous air pollution resulting from wildfires poses health hazards to people living and working in the surrounding areas. Residents with respiratory problems such as asthma, emphysema, and bronchitis and also those with chronic heart disease should take extra precautions during this time and call their physician immediately if problems develop.

Individuals are encouraged to check the latest air quality forecast using the hotline, web site, EnviroFlash or Twitter.

## In slightly to mildly smoky areas individuals suffering from a respiratory disease, children, the elderly and those with heart disease should:

- Consider staying indoors with windows and doors closed
- Keep cool with fans and drink liquids if it is very hot
- Avoid strenuous activity, such as jogging
- Avoid using aerosol products such as cleaners, paints, and other lung irritants
- Use medications as prescribed
- Give yourself a break! Take it easy!

# In very smoky areas everyone should follow these precautions to limit their exposure to particle pollution.

For more information call DEP's toll free ozone hotline at 1-800-223-1196 or visit DEP's air quality web site by going to <a href="www.MaineDEP.com">www.MaineDEP.com</a> and select 'Maine Air Quality Forecast.' You can sign up for EnviroFlash and receive emails or texts when air quality is expected to be poor. You can follow the forecast on Twitter. Both of these options are available from the Air Quality Forecast home page.